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# ARF Update

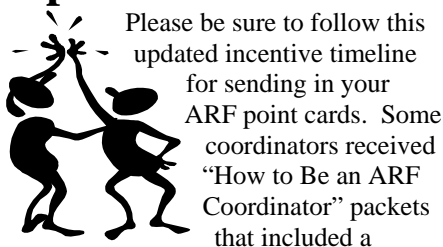


## ARF NEWS

### Goal Exceeded!

Wow! We have already met and exceeded our participation goal for the year – approximately 11,500 youth are registered for ARF! Thank you for your patience as we work to accommodate this above-and-beyond response!

### Attention! ARF Incentive Deadline Update



timeline beginning on September 24. This is **INCORRECT**. The official kick-off date was moved to September 17. The timeline below reflects this change. For the first incentive period, we are allowing coordinators to turn in point cards until November 5 to help everyone ease through this transition.

#### **Period 1 Sept 17-Oct 22**

Mail point cards by: Nov 5  
Disburse incentives by: Nov 12

#### **Period 2 Oct 29-Dec 3**

Mail point cards by: Dec 10  
Disburse incentives by: Dec 17

#### **Period 3 Dec 10-Jan 14**

Mail point cards by: Jan 21  
Disburse incentives by: Jan 28

#### **Period 4 Jan 21-Feb 25**

Mail point cards by: March 4  
Disburse incentives by: March 11

#### **Period 5 March 4-April 8**

Mail point cards by: April 15  
Disburse incentives by: April 22

#### **Period 6 April 15-May 6**

**NO CARDS – ALL PARTICIPANTS  
RECEIVE FINAL INCENTIVE  
WHEN EVALUATIONS ARE  
RECEIVED**

Mail evaluations by: May 13  
Disburse incentives by: May 20

Please let us know if your school dismisses for summer vacation before the week of May 16!

## WHAT'S HAPPENING?

*In Nebraska & Across the Nation*

### 2004 NAHPERD/ AFHK Conference Report

The 2004 Nebraska Association of Health, Physical Education, Recreation and Dance/Action for Healthy Kids conference was held October 21-22 at the Double-Tree Hotel in Omaha, Nebraska. The conference featured a wide variety of workshop topics including “how to” sessions on

- The Walking School Bus
- Building Healthier Lives Through Nutrition
- Creating a Healthy School Environment
- FCCLA Students Leading Successful Physical Activity & Nutrition Programs
- Technology in High School Education

You can still obtain **FREE** copies of “how to” manuals from these workshops by contacting **Kimberly Barrett at 402-471-1045 or kimberly.barrett@hhss.ne.gov**

Jean Blaydes Madigan, an internationally known neurokinesiologist, was a keynote speaker and she shared the importance of physical activity in learning. She led participants through several engaging activities, some of which are featured in this newsletter. Dr. Robert P. Heaney, an internationally recognized expert in the field of bone biology and calcium nutrition, was also a keynote speaker. Heaney spoke on the role of calcium and dairy products in weight loss and maintenance.



Nebraska on the Move (NOM), an affiliate of America on the Move, is challenging people of all ages across the state to take a pledge to “go the extra mile” for energy balance on November 5! On this day all Americans will be encouraged to take a pledge to walk an extra mile (equivalent to 2000 steps or 15 – 20 minutes) AND reduce 100 calories for ONE day as a way of showing their personal commitment to maintaining energy balance to prevent weight gain.

NOM would like Nebraska to submit MORE pledges than anyone else across the nation. Just based on the huge response we have had for the ARF Movement, I think this is DEFINITELY a possibility! And since AOM Day is on FRIDAY, you can count your efforts toward ARF as well! Attached with this newsletter is a more detailed flyer about how to get involved with this exciting event. If you have questions, contact: **Renee’ Steinkruger**  
wellness@unk.edu  
308-865-8177

## Nebraska School Wins Grant

Congratulations to Southern School District #1 in Wymore, Nebraska, for receiving the Carol M. White Physical Education Program grant. This program is designed to assist local educational agencies and nonprofit, community-based organizations to initiate, expand, or improve physical education programs, including after-school programs, for students in one or more grades from kindergarten through 12<sup>th</sup> grade in order to help students make progress toward meeting state standards for physical education.

## Updates from VERB

*New VERB Kits Available to Help Increase Physical Activity Among Tweens*

### **VERB Anytime Doubletime Kit for Community-Based Organizations**

Get your afterschool program, youth club, or other community-based organization involved in VERB Anytime Doubletime for a fall and winter filled with new physical activities. Use the Anytime Doubletime kit of materials and games as a two-week program anytime to increase the numbers of hours that tweens are physically active. Participating organizations may also enter for a chance to win one of 25 \$500 physical activity grants awarded by Kaleidoscope Education Support Group. Go to [www.cdc.gov/VERB](http://www.cdc.gov/VERB) and click on "Materials" to obtain your free kit.

### **VERB Action Rewards Kit**

Need some new ideas for making physical activity fun for kids? The VERB Action Rewards kit includes VERB collectable pins and stickers to help motivate and inspire tweens to participate in the physical activity programs or classes offered by your organization. The kit serves 100 tweens and includes signage, pins, and guidelines for use. Free kits are available while supplies last. Go to [www.cdc.gov/VERB](http://www.cdc.gov/VERB) and click on "Materials."

## HealthierUS School Challenge

The Secretary of Agriculture launched the HealthierUS School Challenge last month. This is a voluntary certification for schools that are willing to establish



nutrition standards for foods and beverages beyond the school meals programs, and provide opportunities for nutrition education and physical activity. This first year it is only available for elementary schools. To review the standards, criteria, and instructions for applying for certification, visit the Team Nutrition website: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

Secretary Veneman Announces The HealthierUS School Challenge - Kicks Off National School Lunch Week Oct.10-16, press release is available at [www.usda.gov](http://www.usda.gov) in the “Newsroom.” Further information about Team Nutrition and the HealthierUS School Challenge is available at [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn) . Information about the President's HealthierUS Initiative can be found at [www.whitehouse.gov](http://www.whitehouse.gov) .

## PHYSICAL ACTIVITY IDEA CORNER

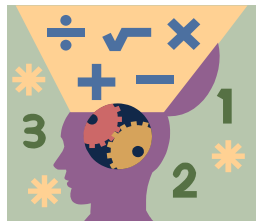
### Smart Kids – The Brain/Body Connection

We all know the feeling we get when we have been sitting for extended periods of time – our body feels heavy, inflexible and tired. Our attention span grows shorter by the minute. As adults, most of us have developed strategies for coping with the fatigue associated with inactivity. But kids do not have such

mechanisms – they NEED to move in order to remain attentive and enthusiastic. Kids learn and retain information better when movement is incorporated into daily learning experiences, according to Jean Blaydes Madigan. Below we are sharing several “brain break” ideas from her *Action Based Learning: How Brain Research Links Movement to Learning* from NAHPERD/AFHK.

## Math

### Rock Paper Scissors



This is a great way for kids to practice quick mental mathematical computations! Divide students into

pairs and have the partners stand and face one another. Simultaneously partners will face off by hitting their fists three times against their opposite palms. But instead of displaying a symbol for a rock, paper, or scissors, students will display numbers with their fingers. Whoever can add, subtract, multiply or divide the number of fingers together and yell out the answer the fastest wins the round. Repeat for several rounds.

### Quick Draw

Divide students into pairs and have the pairs stand and face one another. Each students' hands will become “pistols” and they will hold their “pistols” down by their hips (in their “holsters”) to start the game. On the count of three, every student will “draw” by displaying any number of fingers they choose (using both hands). Whoever can add, subtract, multiply or divide the numbers together the fastest wins the round. Repeat for several rounds.

## Language Arts

### Mystery Word

Divide students into pairs and have one student turn their back to their partner. The student facing the back of their partner will choose a word and will trace it on the other student's back. The partners then change positions and the student who received the message must

interpret what they felt and trace it on the back of the original tracer. This activity can be modified several ways:

- only trace individual letters
- several students can form a chain and pass the word along the chain
- use cursive writing
- have the student trace the word/letter in the air as it is being traced onto their back.

This activity is helpful for students who have trouble with inverting letters such as “b” and “d” when they write. It is also a great way to practice spelling words!

## Non-Curricular

### Chair Dance

Have a CD of well-known rhythmic tunes such as “Wipe Out” and chair dance as a class! Get kids moving their arms, legs, torso and heads to the beat without leaving their seats.

## Game Day Fun!

Fall is a great season for sports fans with games galore on most major television stations. But watching your favorite team should not be an excuse for you and your children to skip out on physical activity for the day!

Did you know that there is at least 14-17 minutes of commercial break time during a regular hour of television viewing? There are even more minutes devoted to commercials during sporting events. Why not utilize this time to sneak a little more movement into your day? Here are some ideas that you can do on your own or as a family during tube time:

### Refrigerator Race

During each commercial break, race to the kitchen and grab part of a healthy snack or meal. For example, grab a glass of milk during the first break. Ten minutes later retrieve a handful of baby carrots. On the next trip, fill a bowl with air-popped popcorn. You get the picture...



### Calisthenics for Couch Potatoes

During each commercial break, do some good old fashioned jumping jacks or trunk twists. Don't forget about ab crunches, push-ups, and squats! Have a contest to see who can do the most of each exercise and track your progress each week.

### Dance Nation

Go from Husker Nation to Dance Nation in five short minutes! Turn the TV down and turn the stereo up until the Blackshirts return to the screen.

## Adaptive Soccer

### Purpose:

- For all people to move, be active and have fun.
- For all people to touch/kick the ball.
- To be able to move the ball down the field.
- To pass the ball to a partner.
- To take the ball away from an opponent.
- Understand basic game organization.

### Rule Changes:

- Five people must touch a ball before a goal is attempted.
- Two people play the same position.
- There are special areas where individual students play.
- No goalie or numerous goalies play.

### Equipment Changes:

- Deflated balls so they do not roll as fast.
- Different types of balls – soft, large, a variety of shapes, various colors.
- More goals.
- Practice using a ball with elastic on it.
- Balls with sound devices.
- Numerous balls on the field during game play.

### Ways of moving:

- Students have their own space to move in that other people can not enter.
- Must kick with non-dominant foot.

## FOOD & NUTRITION

### Slim Down Your Tailgate Fare



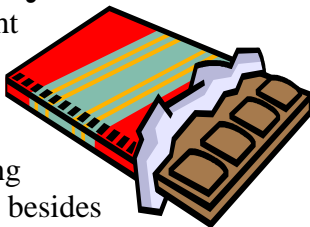
This is a fun and easy recipe for making low-fat tortilla chips that your family

can take to your next pre-game celebration. Pair with a jar of vegetable-laden salsa and you're ready to go!

- Purchase packages of low-fat whole-wheat tortillas at your local grocery store.
- Using kitchen scissors, a pizza cutter, or a regular knife, cut the tortillas into several small triangles.
- Place the tortilla pieces on a baking sheet and place in a 375-degree oven for approximately 10-15 minutes or until lightly brown and crispy.
- For extra flavor, spray the chips lightly with spray oil before baking. The resulting fat grams are negligible. However, if you're on a strict no fat diet, you can omit spraying and your chips will still be quite tasty.
- Another way to boost the flavor is to sprinkle chips with spices, such as ground cumin or coriander, or dried herbs, such as oregano or basil.
- For a colorful presentation, use both yellow and blue corn tortillas—the latter a specialty of the American Southwest. Blue corn tortillas are available at most supermarkets.

### Weighty Issues

In the fight against obesity, schools are looking for things besides



pizza parties and candy to motivate and reward students  
-Mike Gruss, *The Virginian-Pilot* (Norfolk, VA)

A bake sale for the band, a pizza party at the end of the school year or a soda after class could be headed to the trash like last week's leftovers.

The School Health Advisory Board warned the Virginia Beach School Board that at some grades, more than half the Beach's students are obese or overweight, exceeding - and sometimes doubling - national averages.

Claiming that students must be healthy to "meet the challenges of the future," the group offered a series of recommendations from mandating eighth-grade gym to restocking vending machines with healthier snacks.

"One thing's for sure," said Angie Munari, a health educator for the Virginia Beach Health Department, "it can't continue this way."

For example, 61 percent of fifth-grade girls in Virginia Beach are overweight or obese, the report found.

"This has been increasing for years," said Valerie Lewis, a nutrition and training coordinator for the school division. "Now it's really coming to the forefront."

The figures caught the School Board's attention and tipped the scales toward action. Administrators are expected to review the advisory board's recommendations and present ideas to the School Board in the coming months.

The study was based on height and weight measurements taken in physical education classes and by school nurses. Students classified as overweight were those who weighed in the 85th to 95th percentile for their size. Students who were classified as obese were in the 95th percentile or higher.

"Parents, especially mothers, are always on the go, always on the run, and are doing a lot more fast foods," Lewis said.

To help slim down students, the advisory board suggested selling magnets, school flying discs, megaphones or hats instead of selling candy for fund-raisers.

In vending machines, the advisory board called for more nutritious options. Next year, many Beach cafeterias already planned to stock healthier juices, offer daily salad options, and feature more nutritious snacks such as baked potato chips, Nutri-Grain bars and trail mix.

Board member Edward F. Fissinger suggested a ban on soda, and chairman Daniel D. Edwards echoed the advisory board's recommendation to re-evaluate an option that allows eighth-graders to skip gym.

But selling the healthier choices to students could be more difficult. Bianca Dreuit, a rising sophomore at Bayside High School, said many students will bring chips or soda into class because they're easier to grab in a hurry.

"They can give us an option, but it's up to us if we'll eat it," she said.

Reach Mike Gruss at 222-5133 or [mike.gruss.pilotonline.com](mailto:mike.gruss.pilotonline.com).

### Making Nebraska School Fundraisers and Incentives Healthy

Alice Henneman, Extension Educator for Lancaster County Cooperative Extension, has created an exceptional packet of information that can help you discover alternatives to the traditional candy bar fundraiser. To contact Alice: **University of Nebraska Cooperative Extension in Lancaster County**  
**444 Cherrycreek Road**  
**Lincoln, NE 68528-1507**  
**[ahenneman1@unl.edu](mailto:ahenneman1@unl.edu)**  
**402-441-7180**

### Living Smart

By Joanne Austin

Physical activity has benefits for children...

In the United States at least one in five children is overweight. This number has more than doubled in the last two decades and continues to grow.

Food is not the only factor in weight control, physical activity is equally important. Children who watch a lot of



## November

**Is American Diabetes Month** – celebrate by logging physical activity and nutrition habits – two activities that help to prevent and combat disease.

## November 2

**Election Day!** Take a walk to your neighborhood voting station and cast your ballot!

## November 5

**America on the Move Day**

(See attached flyer)

**Last day to mail in your Period 1 point cards for a chance to win ARF incentives!**

## November 12

**Disburse ARF incentives by this day**

## November 22

**ARF Update Newsletter Submission Deadline**

## Tell us what's going on in your area!

We want to hear your ARF success stories and ideas! You can find a form for newsletter submissions on the handouts and tools CD as well as on the web site. We will include your submissions in future newsletters and on the web site.

## ARF Movement Coordinator Michelle Garwood

Office of Disease Prevention and Health Promotion

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Lincoln, NE 68509-5044

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**NOTE NEW E-MAIL ADDRESS!**

(402) 471-0505

television, play on the computer, talk on the phone or sleep excessive amounts may not be active enough to use the calories they have consumed.

In addition to burning calories, physical activity generates overall body fitness. A fit child feels energetic and looks good. Health, personal safety and self-esteem can all be improved by regular physical activity.

Physical activity also has lifelong benefits if children continue regular exercise habits into adulthood:

- ✓ **Stronger bones.** Exercise, in addition to adequate calcium intake helps to keep bones strong and prevents osteoporosis.
- ✓ **Improved posture.** Keeping muscles strong and flexible helps the body maintain a straight and balanced stance. This protects against back problems.
- ✓ **Increased flexibility.** Stretching exercises help maintain the range of motion in joints and muscles. When children are fit they are better prepared for emergencies. They have more stamina to run faster and farther, climb and jump as needed and have the agility to get away from danger. Their coordination is improved so they are less likely fall or run into obstacles.
- ✓ **Improved physical performance enhances self-esteem.** Doing well at any task is a source of pride. Children who exercise, dance or participate in sports can develop self-esteem and confidence by improving their level of fitness and learning new skills.

Encourage children to do a variety of activities that improve their overall fitness. Activities should build abdominal strength, upper body strength, flexibility and endurance. Few activities build all four. Here are a few suggestions:

- **Abdominal strength:** biking, twirling a Hula Hoop
- **Upper body strength:** tennis, volleyball, golf, baseball,

basketball, football, rowing a boat, tug-of-war

- **Flexibility:** gymnastics, tumbling, yoga, ballet
- **Endurance:** biking, jogging, swimming, soccer, jumping rope

These are only a few ideas. Select activities that children enjoy so they have fun at the same time they are improving their physical performance. Participate in activities as a family so everyone can benefit.

What can YOU do  
with 60 minutes a day?